




*Healthy tip of the Month:

Does your child get enough [sleep](#)? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being [overweight](#). Sleep shortfalls may increase [hunger](#) hormones -- so kids eat more. Also, kids are less likely to get [exercise](#) (and burn off calories) when they're tired.

Oasis Campus & Oasis Elementary North - Breakfast Menu – November 2022

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	E		1	2	3	4	5
			Scramble Egg Sausage Hash Brown Peaches Orange Juice	Bagel Orange Apple Juice Cream Cheese	French Toast Sausage Pineapple Apple juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice	
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	6	7	8	9	10	11	12
OES 8:00am-8:30am	D	Cereal Yogurt Orange Grape Juice	Cinn. Raisin Bagel Slice Apple Cream Cheese Apple Juice	Chocolate Muffin Yogurt Applesauce Apple Juice	Omelette & Hashbrown Pineapple Apple Juice	Biscuit Sausage Sandwich Peach Orange Juice	
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	13	14	15	16	17	18	19
Start your day with a healthy breakfast.	I	Cereal Yogurt Sliced apple Orange Juice	Muffin Yogurt Peaches Apple Juice	French Toast Sausage Pineapple Apple Juice Syrup	Cinni Mini Yogurt Sliced Apple Orange Juice	Waffle Sausage Peaches Apple Juice Syrup	
Breakfast \$2.25							
<i>Menu Subject to change</i>	20						26
	27	28	29	30	1	2	3
	J	Cereal Yogurt Orange Apple Juice	French Toast Sausage Pineapple Apple Juice Syrup	Cinnamon Bun Sausage Applesauce Orange Juice	Chocolate Muffin Yogurt Peaches Apple Juice	Omelette & Hashbrown Pineapple Orange Juice	

*Available online to make payments or check account balances: myschoolbucks.com
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